



LARC



Volume 57, Number 7

ACADIANA AMATEUR RADIO ASSOC., INC. - a 501(c)3 Corporation

July 2017

FYI

At this point, no one has stepped up to volunteer as LARC Editor. My last edition will be the December 2017 issue. It was discussed at the June General Meeting that the new editor would have a Chief Editor and two Assistant Editors.

I feel after being the editor for over ten years, it is time to retire. It has been fun and I have learned much from this experience.

I will still post the LARC on the website and make sure the 25 or so hard copies are printed, folded, labeled, stamped and placed in the mail as long as I am physically able to do so.

Some 2017 Field Day data compiled by Larry LeBlanc KE5KJD. The August LARC will contain more data with some photographs.

Operating Period: 2017/06/24 18:59 -
2017/06/25 17:25

Total Contacts = 1,169
Total Points = 1,215

Total Contacts by Band and Mode:

Band	CW	Phone	Dig	Total	%
80	0	29	0	29	2
40	45	130	1	176	15
20	0	889	0	889	76
15	0	46	0	46	4
10	0	29	0	29	2
Total	45	1,123	1	1,169	100

Total Contacts by Country:

Country	Total	%
USA	1,124	96
Canada	34	3
Puerto Rico	3	0
Alaska	2	0
DPR of Korea	1	0
Guam	1	0
Hawaii	1	0
Norfolk I.	1	0
Panama	1	0
US Virgin Is.	1	0
Total = 10		

PRESIDENT'S MESSAGE

I want to start out by saying ***"Thank You"*** to all of the club members that made Field Day such an amazing success. It was the combined efforts of so many that helped to empower what proved to be an incredible opportunity to come together as a community and showcase our tools and experience. I've said this before, but under no other circumstances have I ever experienced a more committed sense of teamwork that simply resonates throughout our membership.

And due to that teamwork I was able to experience not only what it was like to operate on HF, but also hear what HF sounds like for the first time. The sounds that emitted from the headset are simply inexplicable and give true meaning to the term "developing an ear." As I sat there, first logging the contacts and then making contacts of my own, I was mesmerized at how, almost like magic, a single solitary call would make its way out of the noise to being the well known handshake that is a Field Day contact.

And in those contacts you could hear evidence of our hobby's core; a sense of respect and professionalism throughout. Even though there was an element of competition to what we were doing, there was still time for the occasional compliment, question, or friendly gesture. I was especially pleased to hear how many offered their wishes of "Good Luck" as we worked the bands.

What makes the experience even more spectacular is that subtle sense that the next contact could uncover a new discovery. Maybe it'll be a state we haven't reached, or an overseas contact. A perfect example would be the exchange I had with one station who needed Louisiana as their last state. The operator was so ecstatic that I could almost feel his excitement as we confirmed the details. I don't know if the experience is the same for all operators, but as I watched the needle on the rotator controller spin, I anxiously waited for the next opportunity to make a contact.

In closing I can firmly say that I'm looking forward to the next Field Day not only for the chance to operate, but also to continue the many wonderful conversations that I shared with all of you during the event. Thank you again to all who made this experience possible and took the time to share your knowledge and expertise which made this Field Day a memorable one.

Thanks,

Eric Credeur KG5JHP
AARA President

JULY AARA GENERAL MEETING

The July AARA General Meeting will be held on July 6, 2017 at 7:00 PM at the Lafayette Science Museum, 433 Jefferson St., Lafayette, LA. Please enter the doors on 183 E. Convent St.

VE Testing at 6:00 PM

DATES TO REMEMBER**GENERAL MEETING**

July 6, 2017 @ 7:00 PM
Lafayette Science Museum
433 Jefferson St. Lafayette, LA
VE Testing @ 6:00 PM
<http://www.w5ddl.org/clubsite/>

Local 2-Meter Nets**Monday**

AARA Monday Night Net 7:00 PM
 Repeater Rotation - See calendar on page 7

Tuesday

Acadiana ARES Net 7:00 PM
 145.370 - PL 103.5 Lafayette, LA

Wednesday

Silent Key Memorial Net 6:30 PM
 145.410 No PL New Iberia, LA

Thursday

Youth Net 7:00 PM
 146.820 - PL 103.5 Lafayette, LA
 EchoLink Node: 370324

AARA OFFICERS 2017 - 2018

President - Eric Credeur KG5JHP
 eric@ericcredeur.com

Vice Pres. - Larry LeBlanc KE5KJD

Secretary - Ramona Jobe KG5HNO

Treasurer - Tom Dischler W5OHJ

BOARD MEMBERS

Glen Thibodeaux KF5FNP

Chris Ancelot KG5MCY

Paula Romero KF5CNS

YOUTH MEMBER

Page Romero KG5VPR

QSL MANAGER

Roland Guidry - NA5Q

NEWSLETTER EDITOR & PUBLIC INFORMATION OFFICER

Herman Campbell - KN5GRK
 337-234-5364 kn5grk@lusfiber.net

AARA REPEATER GROUP

Charlie Morrison N5WE - Trustee
 Derek Meche WM5TS
 Dave Redfern N4ELM
 Glen Thibodeaux KF5FNP

LCARC DELEGATES

Fred Marshall W5MLE
 Glen Thibodeaux KF5FNP

**JUNE 1, 2017 AARA
GENERAL MEETING MINUTES**

The June 1st, 2017 AARA General Meeting took place at 7:00 PM at the Lafayette Science Museum. Larry Leblanc KE5KJD (AARA Vice President) presided over the meeting due to the absence of AARA President Eric Credeur KG5JHP.

- ♦ The opening prayer was given by Tom W5OHJ.
- ♦ The Pledge of Allegiance was recited by all and recited in Cajun French by Sandy KE5KJD.
- ♦ Introduction of new and up-graded hams from our VE Test Session.
- ♦ Introduction of visitors for the first time.

Larry congratulated Herman KN5GRK on his outstanding work of being publisher of the club newsletter LARC and that the December 2017 issue will be his last and if anyone is interested on volunteering to pick it up starting January 2018, please speak up. Plans are to have a Chief Editor and two Assistant Editors.

May Minutes as published in the LARC. A motion was made to accept the minutes by Sandy KE5KJF and seconded by Priscilla K5PCL and approved by membership.

May Treasurer's Report for May was given by Tom W5OHJ AARA Treasurer. A motion to accept the treasurer's report was made by Jackie KF5PCH and seconded by Danny KD5JSM and approved by membership.

Field Day Budget: Tom W5OHJ discussed the possibility that the FD budget may have to be increased due to unforeseen expenses that may arise if we do have to pay for the rental of the FD pavilion in Rayne this year and for food, drinks, etc. Tom also mentioned that if anyone spends out of their pocket for FD supplies, that they should keep a receipt if they want to be reimbursed.

Work Group Report:

1. **Field Day Radio & Antenna Support Group** with Larry KE5KJD heading up the balun construction team.
2. **EMCOMM SkyWarn Group** headed up by Glen KF5FNP and assisted by Chris KG5MCY and Tom W5OHJ. Chris related to WX event on Memorial Day and the HF digital/voice nets on Sunday evenings.

Old Business

Club Radios: The Kenwood TS-570SG and the Yaesu FT-990 radios owned by the club was offered to the membership for \$600.00 with a 15% discount. No offers made at this meeting.

New Business

Field Day: Discussion and explanation on Field Day logging. We will be using N3FJP logging software linked to each station using a mesh router system. Each station will have two operators, one to make contacts and one to log. Setup and operation times along with antenna placement were discussed. Use common sense on safety. Jackie KF5PCH and Paula KF5CNU will be our Safety Monitors and they are very serious.

Larry KE5KJD gave a nice presentation on *Antenna Interaction*, a topic that only gets mentioned a couple times a year, very interesting.

Keith K5KB mentioned a ham radio operator that has been creating problems on repeaters in Texas and Louisiana by not abiding by the FCC rules.

A motion was made by Bob K5IVR to close the meeting and Glen KD5NVC seconded and meeting closed at 8:25 PM with 34 in attendance.

Respectively submitted by:
 Herman KN5GRK
 LARC Editor

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 by the:
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 P. O. Box 51174
 Lafayette, Louisiana 70505-1174

W5SLA

OZONE AMATEUR RADIO CLUB

Slidell EOC Hamfest

Date: Saturday, July 15, 2017

Time: 8:00 AM to 2:00 PM

Admission: \$5.00 (includes 1 Free Raffle ticket).

Location: John Slidell Park Gymnasium, 105 Robert Blvd, Slidell, LA.

FREE PARKING

Talk-in: 147.270 +600 PL 114.8

Test Session: If you are up grading your License, please bring any CSEs that you have, a copy of your CSEs and a copy of your License. Bring copies that you can leave. We do not have a copy machine. The test fee is \$15.00 and we prefer exact cash if possible. Test session will be held at the Latter Day Saints Building, 480 Robert Blvd, Slidell, LA at 9:00 a.m. More info on the ARRL website.

VENDORS

MFJ Enterprises - The Sign Man of
Baton Rouge - Be Ready Solar -
Bamcom - MCM Computers

MAIN PRIZES

- 1st - Icom IC-7200 HF/50 100 w
 - 2nd - Icom ID-4100 A VHF/UHF
D-Star mobile
 - 3rd - MFJ 993 Antenna Tuner
- GRAND PRIZE DRAWING
2:00 p.m.

ATTRACTIONS

Hourly Door Prizes
Great Food
Fox Hunt - 146.565 MHz simplex
New & Used Equipment
Ladies Raffle
Flea Market Tables - 3'x8' & 7.00

Website:

<http://www.w5sla.net/hamfest.htm>

Public Contact:

Bill Prudhomme, KF5PQ
Email: hamfest@w5sla.net

Acadiana Amateur Radio Operator Receives \$5,000 Scholarship

The L.B. Cebik, W4RNL, and Jean Cebik, N4TZP, Memorial Scholarship Award sponsored by the ARRL Scholarship Foundation. **Purpose:** To support the education of students holding a valid FCC - granted Amateur Radio license for post-secondary education. **Focus:** Radio and television. **Qualification:** Applicant must hold an FCC amateur radio license, and be attending a four-year college/university. **Criteria:** Award is given based on the submitted materials.

This year's award of \$5,000 went to Kendra Wilson KF5FYS of Lafayette, Louisiana.



Kendra Lynn Wilson is the youngest daughter of Galen and Crysti Wilson. Her High School graduation marks the successful completion of five years of public education and eight years of home education. Recently, her favorite subjects and activities have included math, music and language studies. During the past 7 years, she has studied piano, guitar and violin. She has also enjoyed learning American Sign Language, Russian and Hebrew. Kendra has participated in local and state Bible Drills for the past eight years with First Baptist Church Lafayette and First Baptist Church Youngsville. She was State winner for Louisiana this year and was invited to compete at the National level. Kendra has been a licensed amateur radio operator since she was 11 years old, having obtained all three license classifications by the time she was sixteen. Kendra has co-hosted a national youth net every Thursday night along with her sister Abbi for the past five years. Kendra has been very active in the club with all aspects of the hobby. She loves to operate HF during Field Day and other special events often teaming up with her sister while one operates and the other logs. She was also the youth advisor for the club for two years while in High School. This year, Kendra was one of two recipients to receive the L.B. Cebik, W4RNL, and Jean Cebik, N4TZP memorial scholarship in the amount of \$5,000.00 through the ARRL Scholarship Foundation. Currently she is employed part time with the Music Academy of Acadiana as a receptionist. Kendra plans to attend UL Lafayette this coming fall and study International relations. Regarding her future plans, she only knows that she would like for it to involve travel, music and languages.

You can most likely meet Kendra on the air on the Lafayette 146.820 repeater or linked through EchoLink Node: 759629 on Thursday evenings at 1900 Central Time on the Youth Net.



HURRICANE SEASON OFFICIALLY STARTED JUNE 1, 2017

Make sure your equipment is in shape in case it is needed...

Field Day Radio Support Group

The Field Day Radio Support team has completed their projects. We have built 5 1:1 baluns capable of 500 watts which should make them indestructible at 100 watts on Field Day. We also completed coax null filter cables for 80, 40, 20, 15 and 10 meter stations. Also, we have 5 – 5 ft jumper cables and 9 short jumper cables to connect the radio to the bandpass filter, the bandpass filter to the coax stub filters with the “T” (Tee) connectors which go in-line with the antenna feed coax. All stub filters are labeled for the band on which it is to be used and the bands it is designed to protect. We will do final checkout and testing in Rayne before the start of Field Day. Each coax stub filter is marked and coiled and will be used “as is” without uncoiling the coax. We did have a good time putting everything together, thanks to Danny and Kathy offering their dining table as a workbench. We should know before the end of Field Day if it works as planned.

Remember to change the filters and cables if you use your station on a different band, as the filtering will prevent your signal from reaching the antenna if they are for a different band. If you try to transmit on a band for which it is not designed, you will find it difficult or impossible to get the SWR in an acceptable range. Continued use in this condition may damage your radio!

In Photo 1, you can see the baluns as completed. The white one is a 4:1 balun donated by Gregg Dolan, K5LFT and did not need to be built by the team. The team also built a 1:1 balun to be used on one of our club dipoles on the antenna end for balanced current delivery and common mode rejection. Fred Marshall, W5MLE will loan us 80 meter and 40 meter filters to use on Field Day. We may consider purchasing an 80 meter bandpass filter next year if the club approves.

In Photo 2 you can see a few coax stub filters with the band tags and some of the coax jumpers. Note the “T” connectors that should be left with the stub when dismantling the station. These filters can be used in any club activity where more than one station will be on the air at the same time.

In Photo 3 you see the team at work. From left standing is Danny Daigle, KD5JSM, Chris Ancelet, KG5MCY, Larry LeBlanc, KE5KJD, Dave Redfearn, N4ELM, Rick Wallace, KF5KEL, Glenn Breaux, KD5NVC and out of picture taking the snapshot is Kathy Daigle, KD5TJZ. Not shown is Sandy LeBlanc, KE5KJF, who did all the tagging and helped gather materials for the project.

Larry LeBlanc KE5KJD
Support Group Leader



4:1 Balun



1:1 Balun



Ham radio keeps Campbell on the Move

Herman Fuselier , hfuselier@theadvertiser.com Published 1:43 p.m. CT June 21, 2017

Local operators practice for storms, emergencies.

Herman Campbell doesn't have to read history books about to know about polio, a crippling disease that vaccines have nearly erased from the planet. Born in 1939, when polio was killing thousands, Campbell was 6 years old when he contracted the disease. He was paralyzed from the neck down.

Hospitalized for more than six months, Campbell had to learn to crawl and walk again. He developed scoliosis, a curvature of the spine that left him with bouts of respiratory failure, back pain and other problems.

Doctors are amazed that Campbell can walk, drive, cut grass and perform other chores. Surgery may help him, but there are no guarantees.

"I said, 'I'm not going to be laid up in the bed with surgery, I have to leave my house,'" said Campbell, an Arkansas native. "Ham radio is one of the things that keep me going.

"I enjoy ham radio and meeting the people. You'll never meet a nicer group of people in any organization as you will find in ham radio. They're always willing to help."

Campbell and members of the Acadiana Amateur Radio Association are among the thousands of hams who will take their equipment outdoors Saturday and Sunday for Field Day. Sponsored by the American Radio Relay League, Field Day is a 24-hour, nationwide event that allows hams to contact as many stations as possible in abnormal conditions.

Hams have used their radio gear to help during parades, festivals, marathons and other outdoor events. But for generations, their communications skills have been vital during times of disaster.

When electricity, cell phones and internet fail during hurricanes, floods and tornadoes, hams can still communicate worldwide with just a radio and a wire antenna. They work with government and other officials to pass messages in and out of areas cut off from the outside world.

Field Day helps hams practice for these emergency situations.

"It's ham radio preparedness," said Campbell, who moved to Lafayette in 1960. "In case we have an emergency, it's good training.

"It is a competitive event, too. You try to make as many contacts as you can in a certain amount of time. You get recognized by turning the information into the ARRL and they publish it in their QST magazine."

Campbell's public service work helped him earn the 2010 Ham of the Year Award for the ARRL Louisiana section. He frequently participates in "nets," on-air meetings where hams pass messages and exchange information.

Campbell is part of the Salvation Army Team Emergency Radio Network and SKYWARN, storm spotters who report severe weather conditions to the National Weather Service.

Besides public service, Campbell has chatted with hams in all 50 states and more than 90 countries from his home station. He's talked to ships at sea and exchanged postcards, called QSL cards, with hundreds of contacts.

"Ham radio is something everybody can do. You don't have to be a football player, or anything like that. There's a lot of handicapped people that are into ham radio. Some are visually impaired. Some are blind.

"It's a good, clean hobby. If it wouldn't be from ham radio, I'd probably go out, have a few drinks at night in the bars. I really can't afford it and might get in trouble.

"But it's interesting and there's always something going on. Every week, there's some kind of contest or special events going on."



Ham radio operator Herman Campbell of Lafayette, La. makes contact with the Maritime Mobile Service Network, which includes hams on vessels at sea.

Photo by Herman Fuselier - Daily Advertiser



Ham operator Herman Campbell KN5GRK in his radio room (shack).

Photo by Scott Clause - Daily Advertiser

There is No Such Thing as a Free Lunch

Reprinted from ARRL Website
<http://www.arrl.org/no-free-lunch>

When you are shopping for antennas, be careful. You'll see all sorts of claims that seem incredible, yet highly attractive.

The No-Radial Vertical

Yes, it is possible to design a vertical antenna that doesn't use radials. But unless the antenna in question is a vertical dipole, you still need a pathway for the RF currents to return to the antenna. This means radials. Without radials, a vertical antenna can still radiate, but not very well. Steer clear of any vertical antenna that claims great performance without radials.

Miniature HF Antennas

The lower the frequency, the bigger the antenna. So how do some manufacturers get away with claiming that their low-band HF antennas will fit in a suitcase? What they have done is use a creative combination of coils and other components to achieve a feed line match at the desired frequency. But a 1:1 SWR does not mean that an antenna is efficient, and efficiency is what really counts. In these tiny HF antennas, most of your precious RF energy is lost as heat. Unless you can't get on the air any other way, choose a full size antenna instead.

100% Efficient!

An antenna that is 100% efficient radiates all of its RF energy without a single microwatt of loss. However, unless the antenna is made out of exotic as-yet-undiscovered materials, 100% efficiency is impossible. If you see an advertisement that makes this claim, turn the page quickly.

Wild Gain Claims

If you glance through the pages of QST magazine, you'll notice that very few antenna advertisements include gain figures. Antenna gain is measured in decibels (dB) and describes how powerfully the antenna directs your RF energy. The reason for the lack of gain figures is that QST magazine has a strict policy: If you claim a gain figure for your antenna, you must be able to prove it.

The problem is that anyone can build an antenna and make all sorts of wild claims about its performance. Unless they've gone to the trouble of having it analyzed using antenna modeling software, or tested on a laboratory grade antenna test range, there is no way to know if what they are saying is true.

That's why QST requires proof; most other ham magazines don't. When you read an advertisement or an article where antenna gain figures are tossed around, be careful. Ask where those decibel figures came from!

"Less than 1.5:1 SWR on every band!"

An antenna that can give you an SWR of 1.5:1 on any band is either grossly inefficient, or the advertisement isn't telling you that the low SWR is only present through a limited portion of every band.

13 Colonies Special Event

Once again the annual (the 9th) '13 Colonies Special Event' will take place between 1300z, July 1st and 0400z July 7th, 2017.

The certificate is printed on heavy card stock. Stations working one state or, as many as all 15, will be eligible for the certificate.

A "Clean Sweep" indicator will be affixed for those lucky enough to "Q" all 15. A special endorsement will be attached for stations contacting their sister operation, WM3PEN, in Philadelphia, PA, where independence was declared. New since 2015, the 13 Colonies have added a second sister event station. GB13COL will operate from Durham, England.

The 13 Colonies certificate will have a Liberty Bell added for a contact with WM3PEN. They will also offer a special QSL card printed just for this event. There should be at least two stations from each on the 13 colonies on the air, as well as Super contest stations, multi-operator Club stations and OM and XYL teams.

The U.S. original 13 colonies are CT-DE- GA-MA-MD-NC-NH-NJ-NY-PA-RI-SC-VA.

Special events stations mentioned are: K2A (NY), K2B (VA), K2C (RI), K2D (CT), K2E (DE), K2F (MD), K2G (GA), K2H (MA), K2I (NJ), K2J (NC), K2K (NH), K2L (SC), and K2M (PA). All HF bands will be in play, including the WARC bands, with the exception of 60 meters. 2 meters and 6 meter simplex are encouraged. All modes of operation should be represented - SSB, CW, RTTY, Digital, and the Satellites. The mode of operation is up to the individual colony state station.

For more details on the stations, suggested frequencies, QSL info and on how to obtain the special certificate, see:

<http://www.13colonies.info>

Reprinted from:

Southgate  **Amateur Radio News**

Page last updated on: Thursday, June 29, 2017



JUNE 2017 AREA 2 METER NET REPORTS

NET	SESSIONS:	TOTAL CHECK-INS:	TOTAL TRAFFIC:	TOTAL TIME: Minutes	Net Manager
AARA Monday Night Net	4	48	Ø	104	KE5HSY Linda
Acadiana Region 4 ARES / Sky-Warn Net	4	46	Ø	128	KN5GRK Herman
Silent Key Memorial Net	4	26	Ø	47	KG5HNO Ramona
Youth Thursday Night Net	5	74	Ø	183	KF5BEW Abbi KF5FYS Kendra

Time is more valuable than money, you can get more money, but you cannot get more time.

-Jim Rohn

AARA Monday Night 2 Meter Net Rotation

Linda Breaux KE5HSY is the new AARA Monday Night Manager and she will be setting up the net rotations in the future. Each Monday will have a rotating NCS as listed below. Here is the July 2017 rotation list.

DATE:	TIME:	REPEATER:	PL TONE:	NCS
7/03/2017	7:00 PM	145.410 Lydia	NONE	Danny KD5JSM
7/10/2017	7:00 PM	443.000 W5DDL	103.5	Paul N5KNY
7/17/2017	7:00 PM	146.820 W5DDL	103.5	Eric KG5JHP
7/24/2017	7:00 PM	147.040 W5EXI	103.5	Chris KG5MCY
7/31/2017	7:00 PM	146.820 W5DDL	103.5	Glen KD5NVC

When using the SkyWarn 145.370 repeater, be sure to use the receiver PL Tone for your area as follows:

NW Quadrant 114.8 - NE Quadrant 127.3 - SW Quadrant 141.3 - SE Quadrant 94.8 - Central 103.5

The July 2017 schedule can be downloaded and printed in Adobe Acrobat .PDF from the club website at:

<http://www.w5ddl.org/clubsite/news/htm>



UPCOMING BIRTHDAYS

7/01	CHARLES	K5UA
7/04	MICHAEL	N5MJL
7/07	ZACHARY	K5OVM
7/18	N5YCS	JOY
7/19	AI5O	STEVE
7/22	N5RLM	RICK
7/23	KD5QYV	KRIS
7/27	KD5JCT	CALVIN
8/06	W9HUT	ALTON

Some members failed to put their birthdays on their applications for renewal / membership causing some names to be missing from the list.

June 1, 2017 VE Test Session Results



Another good test session.

Three new Techs, 1 General and one that should come out as a General.

Our VE'S for this session were: Greg ~ K5LFT, Archie ~ W5AG, Dave ~ N4ELM & Ric ~ KF5KEL.

Those obtaining their Tech license were: Adam G. Chapman KG5TOD of Ville Platte, Nathaniel A. LeBouef KG5TOC of Gray & Cedric J. Bridgewater

KG5TOB of Plaquemine.

I believe Robert G. Linscombe KG5TOE of Gueydan should be upgraded to General from his previous Conditional license (K5ZRA) although the FCC data base shows he is a Technician.

Joseph J. Meaux, K2JDM, of Lafayette upgraded to General.

Thanks to all participants !!!!!!!

73, de Greg ~ K5LFT



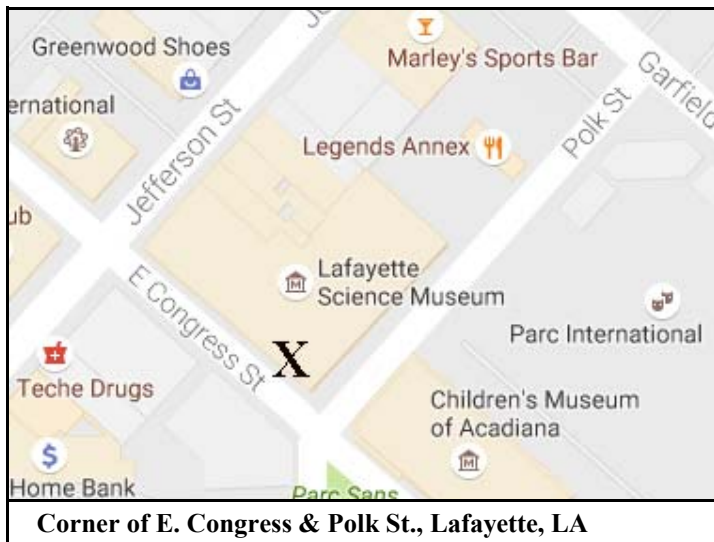
ARRL
The national association for
AMATEUR RADIO

Acadiana Amateur Radio Assoc., Inc.

P. O. Box 51174

Lafayette, LA 70505-1174

Website: <http://www.w5ddl.org>



Share the Fun -
Bring a Friend to be a
HAM !



**COMPLIMENTARY
ISSUE**

AARA GENERAL MEETING

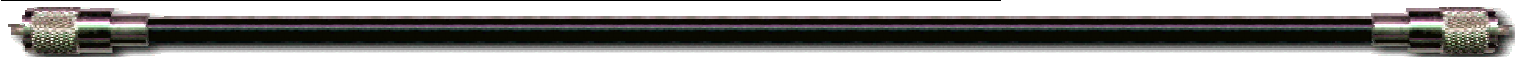
Thursday July 6, @ 7:00 PM

VE Testing @ 6:00 PM

Lafayette Science Museum

Check 146.820 PL 103.5 - repeater for info.

Join our **"Lunch
Bunch"** each Wednesday
around noon at the Golden
Corral on Ambassador
Caffery.



Lemon Garlic Tilapia

<http://allrecipes.com/>

Ingredients:

- | | |
|--------------------------|--------------------------------|
| 4 tilapia fillets | 1 tsp. butter, melted |
| 3 tsp. fresh lemon juice | 1 clove garlic, finely chopped |
| | pepper to taste |

Directions:

- ◆ Preheat oven to 375 degrees F (190 degrees C). Spray a baking dish with non-stick cooking spray.
- ◆ Rinse tilapia fillets under cool water, and pat dry with paper towels.
- ◆ Place fillets in baking dish. Pour lemon juice over fillets, then drizzle butter on top. Sprinkle with garlic, parsley, and pepper.
- ◆ Bake in preheated oven until the fish is white and flakes when pulled apart with a fork, about 30 minutes.

Tip:

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.



FCC Information Service

Toll Free (WATS) for Amateur Radio license inquiries about new/vanity call signs: 1-888-225-5322 This will connect you the FCC National Call Center, handled by the FCC's Consumer Information Bureau. Amateurs having ULS problems or questions should contact the FCC's ULS Technical Support staff at: 202-414-1250 or:

ulscomm@fcc.gov.

FCC Website:

<http://wireless.fcc.gov/uls/>

New call sign information can also be obtained from the ARRL/VEC at 860-594-3000.

<http://www.arrl.org/arrlvec>

The mailing address to the FCC is:

Federal Communications Commission,
445 12th Street SW
Washington, DC 20554